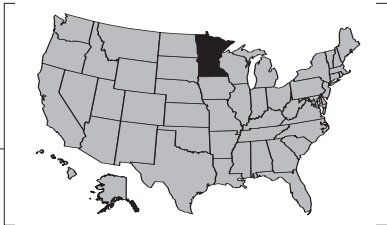


# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005



## Minnesota

*All statistics are based on parental reports.*

	National %	State %
<b>Percent of children who are overweight</b>	<b>14.8</b>	<b>10.1</b>
Age 10-11	21.9	13.5
Age 12-14	14.4	10.0
Age 15-17	10.7	8.2
0-99% Federal poverty level	22.4	13.3
100-199% Federal poverty level	19.0	12.6
200-399% Federal poverty level	13.7	10.4
400% Federal poverty level or more	9.1	6.8
Male	18.1	12.8
Female	11.5	7.3
<b>Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week</b>	<b>71.3</b>	<b>72.8</b>
Age 10-11	78.2	86.2
Age 12-14	74.2	73.7
Age 15-17	63.3	63.3
Male	76.8	77.9
Female	65.6	67.5
<b>Percent of children who were on a sports team or took sports lessons during the past 12 months</b>	<b>58.6</b>	<b>67.5</b>
Age 10-11	61.5	73.1
Age 12-14	61.6	72.3
Age 15-17	53.4	58.6
Male	62.1	71.2
Female	55.0	63.6
<b>Percent of children with at least one parent who exercises regularly</b>	<b>72.9</b>	<b>77.3</b>